

## Part 4

Read the article and answer the questions. Write a maximum of five words for each answer. An example is done for you.

### Honey for Your Cough

Coughs, sniffles, sneezes, runny noses. Colds and other nasty lung infections are especially common in winter. To fight the misery, many people swallow syrups and pills that claim to clear stuffy noses, soothe sore throats, stifle coughs and improve sleep.

Growing evidence, however, suggests that these medicines don't really work. What's worse, they can have unpleasant, even dangerous, side-effects, especially for young children. That's why some doctors are now recommending an ancient remedy for their coughing patients: honey.

It's the kind of advice you might expect from your grandmother. But a new study suggests that the sticky sweet stuff might have real healing power. "Honey has been used for centuries in folk remedies by cultures all over the world", says Ian Paul, a pediatrician at Pennsylvania State University Children's Hospital in Hershey, Pa.

Paul was motivated to test honey because treating coughs in children has recently become a sticky subject. Coughing is the body's way of clearing irritated airways to help you breathe. But too much coughing can make it tough to get the sleep your body needs to heal. Hoping to ease the suffering of their children, parents often give them cough medicine.

Most people think of honey as a tasty substitute for sugar in their tea, or as a topping on a peanut-butter-and-banana sandwich. So what gives the sweet stuff

its healing powers? "For one thing, its thick, sticky consistency probably helps coat and soothe the throat", says Katherine Beals, a registered dietician at the University of Utah in Salt Lake City. She's also a nutrition consultant for the National Honey Board.

"Substances called antioxidants may also be part of the answer", Beals says. Antioxidants, which are also found in foods such as blueberries, spinach, and dark chocolate, protect our cells from damage. Studies show that antioxidant levels in the body rise after someone swallows honey. All honey contains antioxidants, but certain types contain more than others.

"There are more than 300 types of honey", Beals says. Colour, flavour, and health benefits depend on which types of flowers honey-producing bees visit. "Most of the honey we buy in U.S. grocery stores is made by bees that visit clover plants. Darker honeys, such as the buckwheat type that Paul used in his experiment, are generally higher in antioxidants than lighter ones, including clover", Beals says.

Honey has another health advantage: at least some types seem to kill infectious microbes. One honey from New Zealand has proved especially good at healing wounds when slathered on the skin. "There is no evidence that eating honey will help prevent colds", Beals says. But if your throat is sore and you can't stop coughing, it might make you feel better. And a little dose of sweetness might just cheer you up!

**Example:** What does the article suggest giving to coughing children?  
*honey*

1. What do modern people typically do when they get a cold?

2. Why do people cough when they're sick?

3. How does honey's consistency help someone who is sick?

4. What are two foods that have antioxidants?

5. What happens to someone's antioxidant levels when he swallows honey?

6. How many types of honey are there?

7. Where was honey found that was good for healing cuts?

Total: 7 marks  
Total marks for Reading: 26